



News and View

Monthly Newsletter for Family Childcare Providers

Guilford Child Development
1200 Arlington Street
Greensboro, NC 27406



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*Our annual renewal has been approved.
There will be **no** delay with reimbursements this year!*



Tuscan Grill Cheese Sandwich

A Tuscan Grill Cheese Sandwich with mozzarella cheese, fresh spinach
toes makes a lunchtime favorite even better!

Makes: 12 servings (3-5 yr olds) **Preparation Time:** 15 minutes **Cooking Time:** 20 minutes



Ingredients

- 1 oz Margarine, trans fat-free
- ¼ tsp Garlic powder
- ¼ tsp Dried basil ¼ tsp Dried Oregano
- 12 slices Whole-grain bread
- 6 oz or 6-1 oz slices real Low-fat mozzarella cheese (not processed cheese product)
- 8 oz or ½ of a small bag Fresh baby spinach leaves, divided evenly into 6 servings 10 leaves each
- 12 oz or about 4 medium Fresh tomatoes, ¼" sliced evenly

Directions

1. Preheat oven: Conventional oven: 400 °F
Convection oven: 350 °F
2. Melt margarine in a large saucepan.
3. Add garlic, basil, and oregano. Stir well. Set aside for step 10.
4. To prevent sticking, evenly coat a baking sheet (18" x 13" x 1") with butter flavored pan release spray.
5. Place 6 bread slices on baking sheet.
6. Place (1 oz) cheese on top of each slice of bread.
7. Place ⅔ cup (about 10 leaves) spinach on top of cheese.
8. Place 2 slices of tomatoes ¼" each on top of spinach.
9. Place 1 slice of bread on top of each sandwich.
10. Brush the top of each sandwich with margarine mixture.
11. Bake until lightly browned: Conventional oven: 400 °F for 15-20 minutes. Convection oven: 350 °F for 10-15 minutes.
12. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
13. Critical Control Point: Hold at 140 °F or higher until served.
14. Serve ½ sandwich.

Source: Team Nutrition CACFP Multicultural Recipe Project. <https://teamnutrition.usda.gov>

CACFP Home Childcare Crediting Information ½ sandwich provides ¼ cup vegetable, ½ oz equivalent meat alternate, and 1 oz equivalent grains. (3-5 yr olds)

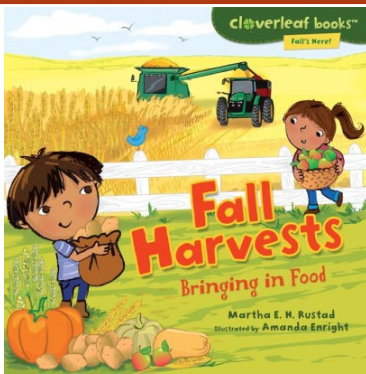


We are still working remotely. The office is not open to the public at this time. Please DO NOT bring paperwork to the office. Paperwork should be mailed, or emailed. We cannot be responsible for paperwork that has been brought to the office in person. Faxing is not recommended at this time, if you must send a fax, notify your Nutrition Specialist to let them know you have faxed so arrangements can be made to retrieve it. We cannot be responsible for missing faxes.

Also, when mailing paperwork, make sure the address and zip code are correct. We cannot be responsible for mislabeled mail.



For those who use manual forms, please make sure you are using the most current forms. New forms were sent to all manual users a few months ago. If you did not receive them, please let us know so that we can send you more. This includes enrollment forms, child menus and infant menus. And if you are running low, please let us know **before** you run out. Because we are working remotely, it may take some time for requested forms to be mailed out.



Activity for the children.

Read “Fall Harvests” (or similar book about harvesting fall foods)

Draw or glue pictures of foods that were discussed in the book on paper plates (1 food per plate)

Scatter the plates around the outside play area

One player (the farmer) calls out a child’s name and a food from the book

The selected child runs around until the ‘food’ is found and then that child becomes the farmer and calls out the next child’s name and food to be ‘harvested’

Teaching staff may need to help the “farmer” decide which food to call.



Contact information (use cell# or email...we are still working remotely)

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
2. fax: (202) 690-7442;
- or 3. email: program.intake@usda.gov.

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